



**American Red Cross**  
Greater Palm Beach Area Chapter



## AMERICAN RED CROSS LIFEGUARD TRAINING

**CAMP WELAKA**  
10205 S.E. Girl Scout Rd.  
Jupiter, Fl. 33469

### Class Dates:

<u>April 9, 2010</u>	<u>6pm-10pm</u>
<u>April 10, 2010</u>	<u>9am-6pm</u>
<u>April 11, 2010</u>	<u>1pm-6pm</u>
<u>April 17, 2010</u>	<u>9am-6pm</u>
<u>April 18, 2010</u>	<u>10am-6pm</u>

### Class Fee:

**\$80.00- Registration (Class fee is usually \$150.00) Discount fee for Girl Scouts and Boy Scouts**  
**\$10.00- Pool Facility Fee- Please make checks payable to GSSEF. Bring to first class session.**

**Age Requirements:** American Red Cross Lifeguard training age requirements are 15 years or older.

### Pre-Requisites for ARC Lifeguard

Swim 300 yards (100 yards of front crawl, 100 yards of breaststroke, 100 yards of either front crawl and/or breast-stroke. Within, 1 minute, 40 seconds (in the water) swim 20 yards, surface dive 7-10 feet and retrieve a 10 pound object. Return to surface and swim 20 yards to starting point. You must exit pool without using a ladder or steps.

**Registration:** Contact Beth McLeod @ 561-650-9115 to pre-pay and register. Registration deadline is **April 7, 2010.**

**Instructor(s) will meet students in the Camp Welaka Parking lot. Class size is limited. Early registration is essential. Instructor(s) may contact participants regarding additional details. Students are required to attend all class sessions.**

**Course Completion:** Participants must pass pre-requisites, water/land skills demonstrations, and pass all exams with a score of 80% or higher. Course will include ARC Lifeguard, First Aid, Professional Rescuer CPR, AED & O2 administration trained cards. Information for C.E.U.'s are available through American Red Cross.

**Course Length:** 30-37 hours, pending skills assessments

### Supplies Needed

Swimsuits/Trunks	Daypack for Pool/Classroom	Personal First Aid Kit
Personal Water Bottles	Personal Gear	Sunscreen/Bug Spray
Pencils/ Pens/Notebook	Water Shoes-No Sandals	Hiking Shoes
Hat	Jacket/Sweats	Lunch/Snacks

**\*\*Instructor(s) will meet students in Camp Welaka Parking lot.**

**Instructor: Valerie Wilson**

**Co-Instructor- Thomas Wilson**